

Nutrition News: Calcium Counts



Your child's bones are growing everyday, and growing bones need lots of calcium. Milk, yogurt, and cheese are excellent sources of calcium. Studies show that most children and teens are not getting the calcium they need.

Why Calcium?

- Calcium makes bones strong and healthy
- Calcium helps reduce the risk of osteoporosis
- Calcium keeps teeth strong

How Much Calcium?

- 4-8 year olds need 800 mg of calcium/day
- 9-18 year olds need 1300 mg of calcium/day
- 19-50 year olds need 1000 mg of calcium/day

How Can Kids Get The Calcium They Need?

- Aim for 3 servings of milk, yogurt and cheese each day!

Quick Calcium Guide

Each of the foods listed below provides 300 mg of calcium per serving.

- ✓ 1 cup of milk
- ✓ 1 cup of yogurt
- ✓ 1 $\frac{1}{2}$ oz. cheese
- ✓ 1 cup calcium fortified orange juice